



July 2026



FOOD ALLERGY WARNING
 Our Food May Contain
 Peanut or Tree Nut
 Products

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch is served from 11:30am to 1:00pm Milk, Coffee, and Tea are served daily. Menu subject to change		Donations can be mailed to: Community Services Center 1100 Community Way Portales, NM 88130		1		2		3	
				Chicken Sandwich (1 Bun, 3oz Chicken Breast, 1/2c Lettuce, 1 Slice Tomato) 1/2c Roasted Herb Red Potatoes 1/2c Carrots 1 Orange		Frito Pie (3oz Beef, 2oz RC, Corn Chips, 1/2c Lettuce, Tomato, Onion) 1/2c LS Pinto Beans 1/2c Calabacitas 1 Fresh Pear			
6		7		8		9		10	
Sloppy Joe (3oz Ground Beef, 1/8c Sauce 1/4c Peppers and Onions) 1/2c LS Three Bean Salad 1/2c Beets 1c Apricots		1c Italian Chicken (3oz Chicken 1/2c Tomatoes Zucchini, & Green Beans) 1 1/2c Tossed Salad/Dressing 1 Wheat Roll 1c Fruit Cocktail		1c Meat Lasagna (2oz Beef, 1oz Cheese, 1/4c Pasta, 1/4c Sauce) 1c Italian Blend Vegetables 1 Wheat Roll 1c Pears		Scalloped Potatoes w/Ham (1/3c Potatoes, 2oz Ham) 3/4c Asparagus 1Wheat roll 1c Mixed Berries 1c Vanilla Yogurt		1c LS Beef Stew (3oz Beef, 1/4c Mixed Vegetables) 1c Vegetable Medley 1 Wheat Roll 1c Tropical Fruit Salad	
13		14		15		16		17	
2oz LS Ham 1/3c Baked Sweet Potatoes 3/4c Asparagus 1 Wheat Roll 3/4c Light Vanilla Yogurt 1c Tropical Fruit Salad		Bean and Cheese Burrito 1 Flour Tortilla, 3/4c Pinto Beans 1/2oz Cheese/2oz GC Sauce 1/2c Spinach 1/2c Roasted Zucchini 1/2c Pineapple Chunks		Classic Hamburger (3oz Patty, 2 TBSP GC, 1 Wheat Bun, 1/2c Lettuce, 1 Sl. Tomatoes/Onion) 1c Winter Blend Vegetables 1oz Lays Chips 3/4c Plums		1c Green Chile Pork Stew (3oz Pork, 2 Tbsp GC, 1/4c Vegetables) 1 6in Flour Tortilla 1c Salad 1c Grapes		Beef Taco (3oz Beef, 2 Corn Tortilla, 1/2c Lettuce and Tomato) 1/2c Pinto Beans Yellow Squash/w Tomatoes 3/4c Fruit Cocktail	
20		21		22		23		24	
Ham and Cheese Sandwich (2 oz Ham, 1oz Swiss cheese, 1/2c Lettuce, 1 Slice Tomato, 2 Slices Wheat Bread) 1/2c LS Three Bean Salad 1/2c Cold Beets 1c Grapes		3/4c Beef Macaroni (3oz Beef, 1/4c Pasta, 1/4c Stewed Tomatoes) 1 Wheat Roll 1 1/2c Tossed Salad/Dressing 1c Apricots		6oz Broccoli Cheese Soup 1/2c Brocoli, 1/2oz cheese) 1 Hard Boiled Egg 1 1/2c Tossed Salad/Dressing 1c Fruit Salad 1c SF Vanilla Yogurt		3oz Salisbury Steak 1/3c Mashed Potatoes 2 oz LS Brown Gravy 1c California Blend Veg. Wheat Roll/1/2 Slice AF Cake 1/2c Spiced Peaches		1c Green Chicken Enchiladas (3oz Chicken, Flour Tortilla, GC, Cheese, Lettuce/Tomato) 1/2c Pinto Beans 1c Chateau Blend Vegetables 1c Mango Chunks	
27		28		29		30		31	
Open faced Turkey Sandwich (2oz Turkey, 2oz Gravy, Bread) 1c Chateau Blend Vegetables 1/2c NAS Baked French Fries 1/2c Light Vanilla Yogurt 1c Sliced Strawberries		Grilled Cheese Sandwich (1oz Cheese, 2 WW Bread) 1c LS Tomato Soup 1 1/2c Salad w/ 1 HB Egg 1/2c Light Vanilla Yogurt 1c Tropical Fruit Salad		BBQ chicken (3oz Chicken, BBQ Sauce) 1/2c LS Pinto Beans 3/4c Roasted Brussel sprouts 1oz Cornbread 1c Pears		2oz Polish Sausage 1/2c LS Wild Brown Rice 1c Mediterranean Blend Veggies. 1/2c Light (SF) Nonfat Vanilla 1c Pineapple Chunks		4oz LS Baked Herbed Tilapia 1 TBSP Tartar Sauce 1/2c Lemon Herb Orzo 1c Broccoli and Red Bell Peppers 3/4c Fruit Cocktail	